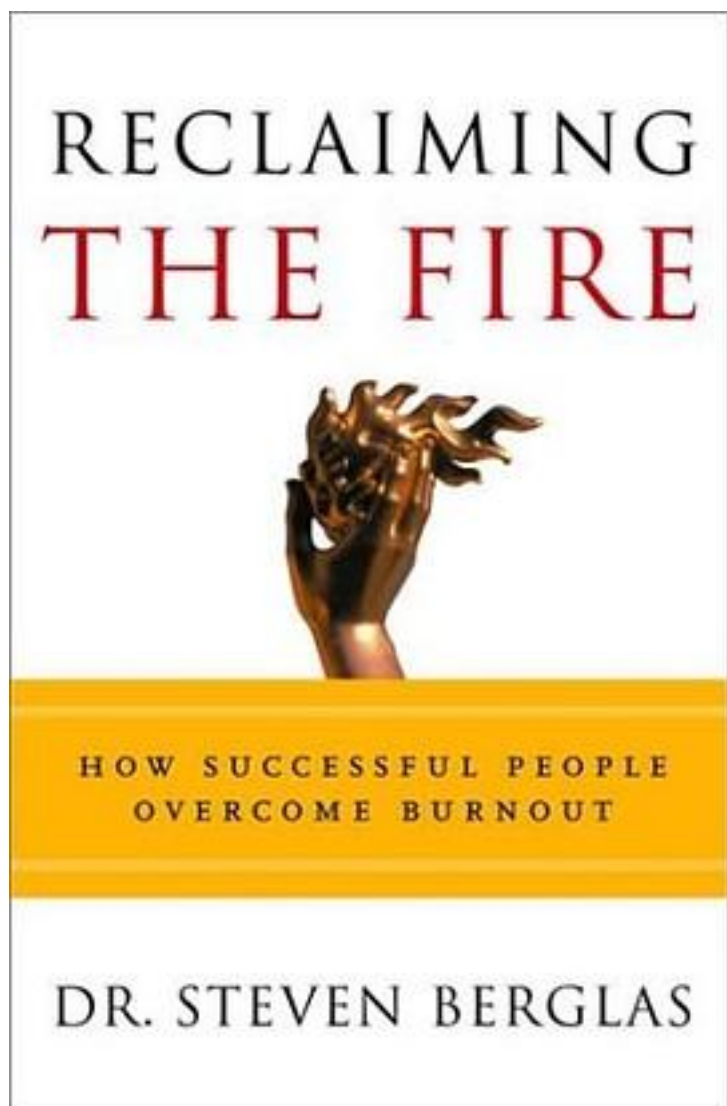


Reclaiming the Fire



[Reclaiming the Fire 下载链接1](#)

著者:Steven Berglas

出版者:Random House

出版时间:2001

装帧:Unbound

isbn:9781588360045

The definitive work on avoiding burnout, written by the psychologist who is the leading specialist on the issue. An illuminating and useful book for anyone coping with the pressures of work.

In *Reclaiming the Fire*, Dr. Steven Berglas analyzes the rises and falls of corporate executives, middle managers, lawyers, entrepreneurs, and others as they struggle to handle the trappings of successful careers. How does one deal with encore anxiety, the monotony of having to use talents that are no longer psychologically rewarding? Why is it that our national obsession with wealth traps people in careers that often lead them to wonder, "Is that all there is?" And why do highly successful people often set themselves up for disastrous falls?

Dr. Berglas answers all these questions and many more in this groundbreaking book by discussing real people whose careers have left them feeling pressured, burdened, and jaded.

In his most progressive and striking contribution to the literature on career success, Dr. Berglas debunks the persistent myth that women suffer more stress and burnout than men. He disproves the common claim that women involved both in careers and in family life suffer from trying to have it all, and he demonstrates how the drive to form close interpersonal ties a drive that is intrinsic to women can actually prevent both men and women from experiencing burnout. In a related analysis of the mentoring process, Dr. Berglas shows why it is more important for careerists to build legacies for future generations (a process he terms generativity) than to become obsessed with their own personal success. He proves that the process not only benefits the student but provides the mentor with psychological satisfaction and even improved physical health.

Reclaiming the Fire uses the working world not the psychiatric couch as a venue for understanding the psychological and emotional burdens of success. It is the first comprehensive account of how to balance self-esteem and ambition while maintaining challenge and stimulation throughout your career.

Reclaiming the Fire provides insight into:

- *Why baby boomers are currently suffering an epidemic of career dissatisfaction
- *Why women are uniquely suited to cope with the pressures that cause men to suffer burnout, and what men can learn from them
- *How to escape golden handcuffs: the workaholic devotion to a job that is no longer emotionally satisfying
- *How to cope with anger that threatens to sabotage your career
- *How all professionals can identify the passions that will allow them to sustain and enjoy success throughout their lives

作者介绍:

Dr. Steven Berglas is a clinical psychologist and adjunct faculty member at Harvard Medical School. He formerly wrote the Entrepreneurial Ego column for Inc. magazine, and his work has been profiled in The New York Times, Fortune, Time, The Wall Street

Journal, and People. A counselor to hundreds of executives and industry leaders on the perils of success-induced burnout, Dr. Berglas currently resides in Los Angeles, where he teaches at the John E. Anderson Graduate School of Management at UCLA.

Dr. Steven Berglas spent over 30 years on the faculty of Harvard Medical School's Department of Psychiatry. During that period he also maintained a private psychotherapy practice in Boston. From 1980-1985 Dr. Berglas held a Career Scientist Development Award from the Alcohol, Drug Abuse, and Mental Health Administration. After relocating to Los Angeles in 2000, Dr. Berglas served as an Instructor at UCLA's Anderson School of Management, and is currently an Adjunct Professor at USC's Marshall School of Business.

Dr. Berglas' seminal views on executive coaching appear in the lead article of the June 2002, edition of the Harvard Business Review. In his coaching practice, Dr. Berglas draws upon his training in behavioral- and psychodynamic psychiatry to design programs that are uniquely suited to foster the success of A Players and C-level executives. Dr. Berglas also designs specialized interventions for executives at risk for career burnout or self-defeating behaviors.

目录:

[Reclaiming the Fire 下载链接1](#)

标签

管理

商业

心理学

心理

带知识的书

倦怠

评论

[Reclaiming the Fire 下载链接1](#)

书评

读这本书的时候，千万要做到好读书不求甚解——某些术语翻译烂到让人无力吐槽=就跟某当年读【神经症与人的成长】时一样，只是惟一庆幸的是这本不用引用写paper.....

PS，读完后有种文不对题的感觉，于是扫了眼英文标题——“疲劳”原文为burnout，其实应翻译为"职业倦怠"= ...

看了教育孩子那一段，有时父母给孩子要求太高也不好，容易让他们有操纵之感，应当暗示的语言来鼓励孩子，对他每一个进步都要夸奖/
另外有些人之所以失败，实际上是他们自身因永远无法达到父母的要求
自身存在失败的因子罢了。

全是最直接的直译，还读不通顺。根本就不符合中国人的阅读习惯，译者是用金山快译翻译过来的吧，我觉得只有初中生+字典的水平。

这本书翻译的很差，大概率是因为本书翻译水平差，所以没有再版。网上查了下，丁小荣翻译过的其他两本书是德国景观设计，另外一本是了解你的管理潜质。翻译之差直接可以从书名看出来：burnout在欧美职场指的是丧失工作动力和激情之意，而只看中文非常有可能会以为本书是关于如何...

[Reclaiming the Fire 下载链接1](#)